



## SECTION ONE Standard House Diets

*Diet manual*

### Modified for GI Disorders

#### Anti-Dumping / Graft Versus Host Disease (GVHD) Diet

- Step I: Isotonic Clear Liquid
- Step II: Soft, Low-Fat, Low-Insoluble Fiber, Low-Lactose, Low Acidity, Low Refined Carbohydrate, 6 Feeding Diet with a Modified Fluid Intake
- Step III: Transition to a regular diet from a Soft, Low-Fat, Low-Insoluble Fiber, Low-Lactose, Low Acidity, Low Refined Carbohydrate, 6 Feeding Diet with a Modified Fluid Intake

### General Description

This diet is planned to slow transit through the GI tract in patients with dumping syndrome and GVHD. The diet is set up in phases to gradually transition a patient's intake from isotonic clear liquids to solids.

### Indications for Use

This diet is indicated for patients who experience rapid gastric emptying following a gastrectomy or esophagogastrectomy and are at risk of developing dumping syndrome. It is also indicated for any patient with existing dumping syndrome and for individuals with GVHD.

### Dietary Guidelines

*Step I* provides isotonic clear liquids for patients who are just starting a PO diet S/P gastrectomy or esophagogastrectomy OR who are experiencing severe diarrhea from GVHD. This phase usually lasts from a few days to a week. If it is needed for longer than one week, nutrition support (TPN) should be considered.

*Steps II and III* provide increasing amounts and varieties of liquids and soft foods as tolerated. The *Step II* diet limits intake to mildly flavored soft foods that are low in insoluble fiber, lactose, acidity, and fat. Small amounts of refined sugar products such as table sugar, honey, jams, jellies and syrups are allowed if tolerated. Juices containing sorbitol are excluded. Highly seasoned foods are excluded. Caffeinated beverages and chocolate are excluded. Liquids and solids that are good sources of

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soluble fiber such as ripe bananas and applesauce may be beneficial. The *Step III* diet allows increasing amounts and varieties of all foods and beverages as tolerated.

### Additional Guidelines for Anti-Dumping

Patients should initially limit fluid intake to 8 ounces per feeding. Patients should eat six small meals per day. Individuals with Dumping Syndrome may need to follow these guidelines for weeks to months. As bowel function normalizes, additional foods (preferably one at a time) may be added to the diet to test tolerance. Although the Step II and Step III diets are set up as distinct diets, transition from Step II to Step III is often gradual, with patients consuming a few foods from the Step III diet while mostly following the Step II diet. It is important to monitor the patient's bowel function and to be flexible when determining dietary needs.

### Nutritional Adequacy

#### Step I

In comparison to the Dietary Reference Intakes, Step I of this diet is inadequate in all nutrients. It is contraindicated as the only means of nutritional support for long-term use, and if followed for longer than 7-10 days the need for nutrient supplements and/or nutritional support should be assessed. Nutritional supplements with low or normal osmolality and negligible residue may be used to enhance nutrient intake.

#### Steps II and III

In comparison to the Dietary Reference Intakes, Steps II and III of this diet are adequate in all nutrients if carefully selected. If an individual cannot fully tolerate all foods and liquids allowed, nutritional supplements with low or normal osmolality and low residue content may be used to enhance nutrient intake.

**Anti-Dumping Diet****Dietary Guidelines:****Step I****Isotonic Clear Liquid**

<b>Food Groups</b>	<b>Servings/day</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<b>Fruit Juices</b>	As suggested in the meal plan	Juices and juice drinks will be diluted 50:50 with water during Step I. Diluted orange, grape or cranberry juice, Tang, and Gatorade	Apple juice, prune juice
<b>Fruits</b>	None	None	All
<b>Dairy</b>	None	None	All
<b>Meat or substitute</b>	None	None	All
<b>Eggs</b>	None	None	All
<b>Potato or Substitute</b>	None	None	All
<b>Vegetables</b>	None	None	All
<b>Bread &amp; Cereals</b>	None	None	All
<b>Fats</b>	None	None	All
<b>Beverages</b>	As suggested in the meal plan	Isotonic clear liquids, Decaffeinated coffee and tea	Any except those allowed
<b>Soups</b>	As suggested in the meal plan	Clear broth	Any except those allowed
<b>Desserts</b>	As suggested in the meal plan	Those w/ Dumping Syndrome need to initially limit intake to diet Jell-O before progressing to regular Jell-O, fruit ice, and regular Popsicles. Those w/ GVHD may have regular Jell-O and fruit ice	Any except those allowed
<b>Sweets</b>	As suggested in the meal plan	None for those w/ Dumping Syndrome. Those w/ GVHD may have small amounts of hard candy	Any except those allowed

**Anti-Dumping Diet****Suggested Meal Plan****GVHD**

**Drink one selection of the following every 3-4 hours:**

½ cup of allowed broths

Gatorade

Diluted grape or cranberry juice

Jell-O

Decaf tea (w/ ½ teaspoon sugar if desired)

1 Popsicle

In addition, 2-3 hard candies every 3-4 hours are also allowed.

**Anti-Dumping****Choosing from allowed foods as tolerated:****Breakfast**

½ cup diluted, allowed Juice

Diet Jell-O

1 cup Decaf Coffee or Tea

**Lunch**

½ cup diluted, allowed Juice

Fruit Ice if tolerated

1 cup Decaf Coffee or Tea

**Dinner**

½ cup diluted, allowed Juice

Jell-O if tolerated

1 cup Decaf Coffee or Tea

**Mid-Morning Snack**

½ cup diluted, allowed Juice

Diet Jell-O

**Mid-Afternoon Snack**

½ cup diluted, allowed Juice

Fruit Ice if tolerated

**Evening Snack**

½ cup diluted, allowed Juice

Jell-O if tolerated

**Anti-Dumping Diet****Step II Anti-Dumping / GVHD Diet**

<b>Food Groups</b>	<b>Svngs/day as suggested in the meal plan</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<b>Fruit Juices</b>		Juices and juice drinks will be diluted 50:50 with water until tolerance is established. Diluted orange, grape or cranberry juice, fruit drinks, and Tang	Apple juice, prune juice
<b>Fruits</b>		Soft canned fruit in juice or light syrup such as applesauce, pears, peaches, and mandarin oranges. Ripe bananas	Raw fruit except bananas, dried fruit, stewed prunes canned fruit w/ seeds, membranes, or tough skins
<b>Dairy</b>		Anti-Dumping: low-lactose milk, yogurt without skins or seeds, and aged cheese such as mild cheddar. GVHD: low-lactose, low-fat milk, Low-fat yogurt without skins or seeds (plain, vanilla, or lemon)	Milk, instant breakfast drink, eggnog, milksakes, American and cottage cheese. Sharp cheddar or Swiss cheese. Yogurt containing skins or seeds.
<b>Meat or Substitute</b>		Plain broiled, baked, roasted, stewed, ground, or pureed lean beef. GVHD: Poultry, fish or tofu. Anti-Dumping patients may also have lean veal, pork, liver, smoked ham, smooth peanut butter, canned tuna.	All highly seasoned or fried meat unless well tolerated. Corned beef, sausage, hot dogs, luncheon meats, and other processed meat spreads. All others not included on "allowed" list.
<b>Eggs</b>		Scrambled, poached, or hard cooked eggs Anti-Dumping patients may also have fried eggs if tolerated.	Eggs prepared with ingredients not allowed or tolerated.
<b>Potato or Substitute</b>		Plain mashed, boiled, or baked white potato w/out skin, rice, spaghetti, noodles, macaroni Anti-Dumping patients may also have baked or boiled sweet potatoes w/out skin if tolerated.	Potato or substitute made with ingredients not allowed. Fried or spicy potatoes, potato chips, and potato skins.

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<b>Food Groups</b>	<b>Svngs/day as suggested in the meal plan</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<b>Vegetables</b>		GVHD patients should limit their vegetables to tender cooked carrots, green beans, wax beans, and spinach. Anti-Dumping patients may also try cooked asparagus tips, beets, mushrooms, winter squash, any mildly flavored, pureed, blenderized vegetables.	All raw vegetables. All cooked vegetables except those allowed. vegetables with fibrous stalks, tough skins or seeds. Vegetable juices and tomato juice. Tomato sauce.
<b>Breads &amp; Cereals</b>		White bread or toast, plain bagel, English muffin, plain dinner roll, saltines or other plain crackers. Cream of rice, cream of wheat, & oatmeal are allowed if made with water. GVHD patients should limit cold cereals to Cheerios, Corn Flakes, and Rice Krispies. Anti-dumping patients may have any cold refined cereal.	Whole grain breads, breads with nuts, seeds, raisins, dried fruits, and fruits not allowed. Whole grain and bran cereals.
<b>Fats</b>		Margarine, butter, cooking fats and oils, mayonnaise, sour cream, mild salad dressing, mild gravy in small amounts	Nuts, olives, spicy salad dressing (e.g. blue cheese, 1000 island), spicy gravy, fried foods
<b>Beverages</b>		Weak or decaffeinated tea, decaffeinated coffee, Crystal Light Beverages, Caffeine-free carbonated beverages, Gatorade. Kool-Aid and Hawaiian Punch, but they may need to be diluted. Ensure, Boost.	Caffeinated beverages: Coffee, Tea, Coca-cola, Dr. Pepper, Mountain Dew, Mr. Pibb, Pepsi Cola, Shasta cocoa, Cola, Tab, cocoa, beverages with high lactose content, high-osmolality beverages unless Diluted.
<b>Soup</b>		Broth based soups made with allowed meats and vegetables	Any made with foods not allowed or tolerated. Highly seasoned soups, cream soups

### Anti-Dumping Diet

Food Groups	Svngs/day as suggested in the meal plan	Foods Allowed	Foods Not Allowed
<b>Desserts/Sweets</b>		Sugar free gelatin, other sugar-free desserts made with allowed and tolerated foods; regular jello & fruit ice if tolerated Angel Food cake if tolerated	Any not allowed or tolerated, any made with nuts, coconut, seeds, raisins, or any fruits or spices not well tolerated.
<b>Miscellaneous</b>		Salt, sugar sub, vinegar, and lemon juice. Sugar, honey, syrup, jelly, honey in small amounts if tolerated	Sugar, honey, syrup, jelly, jam, marmalade if not tolerated; pickles, mustard, cayenne, chili powder, horseradish, pepper, chocolate, other strongly flavored spices.

### Suggested Meal Plan

#### GVHD

1. Try one new food at a time and do not eat anything else for at least three hours.
2. If after three hours there is no abdominal discomfort, continue to eat the most recently introduced food while trying another new food.
3. When introducing new foods, limit serving sizes should to ½ cup.
4. If abdominal cramping, diarrhea or vomiting occur after eating the most recently introduced food, stop eating it and try it again at a later date.
5. When a number of allowed foods are tolerated, the following meal plan is suggested:

#### Choosing from allowed foods as tolerated:

##### Breakfast

1 slice white Toast  
1 tsp Jelly  
1 cup Decaffeinated Tea  
1 tsp. Margarine

##### Lunch

1 cup Broth  
Saltines  
½ c Jello-O

##### Dinner

1 c Chicken Noodle Soup  
Saltines  
1 Fruit Ice

##### Mid-Afternoon Snack

1 cup Diluted Cranberry Juice  
Applesauce

##### Evening Snack

½ c Canned Peaches  
Saltines

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#### Choosing from allowed foods as tolerated:

##### Breakfast

½ cup diluted Juice  
1 soft scrambled Egg  
1 slice white Toast  
1 tsp. Margarine  
1 cup Beverage

##### Lunch

2-3 oz Meat or Substitute  
½ cup Potato or Substitute  
½ cup soft cooked Vegetables  
1 tsp. Margarine  
1 cup Beverage

##### Dinner

2-3 oz. Meat or Substitute  
½ cup Potato or Substitute  
1 slice soft refined Dinner Roll  
1 tsp. Margarine  
1 cup Beverage

##### Mid-Morning Snack

1 cup Lactaid Milk  
¾ cup Refined Cereal  
1 small Plain Muffin  
1 tsp. Margarine  
1 cup Beverage

##### Mid-Afternoon Snack

½ cup Canned Fruit  
4 Saltine Crackers  
1 tbs. Smooth Peanut Butter  
1 cup Beverage

##### Evening Snack

½ Sandwich  
1 tsp. Mayo or Margarine  
½ cup Canned Fruit  
1 cup Lactaid Milk

### Dietary Guidelines

#### Step III Anti-Dumping / GVHD Diet:

#### Transition to a Regular Diet

#### General Guidelines:

1. Add one new food or beverage at a time to test tolerance.
2. If the added food causes no abdominal discomfort, continue eating that food and add more foods as tolerated.
3. If the added food causes abdominal discomfort, stop eating that food and try it again in a few days.
4. Over time, patients with Dumping Syndrome may be able to transition to a 3 meal per day meal plan with occasional snacks rather than a strict 6 small meal per day plan.
5. The following lists provide some additional guidance on foods that should be avoided or introduced cautiously



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<b>Food Groups</b>	<b>Servings/day</b>	<b>Foods Allowed</b>	<b>Foods to Avoid or Introduce Cautiously</b>
<b>Fruits &amp; Juices</b>	As Tolerated	All fruit juices as tolerated except apple and prune. Soft canned fruits like applesauce, peeled apricots, peaches, pears, oranges, and grapefruit. Fresh ripe bananas, avocado, and melon	Apple juice, prune juice Raw fruit, dried fruit, stewed prunes unless tolerated, canned fruit w/ seeds, membranes, and tough skins.
<b>Dairy</b>	As Tolerated	Low-lactose milk, yogurt without skins or seeds, cheeses as tolerated. Regular milk products can be introduced in small amounts and amounts can be increased as tolerated	None unless lactose intolerance prevents tolerance of dairy foods.
<b>Meat or Substitute</b>	2-3 oz/meal	Plain broiled, baked, roasted, stewed, ground, or pureed beef, veal, pork poultry, fish or liver. Smoked ham, smooth peanut butter; canned tuna. Corned beef, sausage, hot dogs, luncheon meats, and other processed meat spreads if tolerated	All highly seasoned or fried meat unless well tolerated.
<b>Eggs</b>	As Tolerated	Scrambled, poached, or hard-cooked eggs. Fried eggs if tolerated	Eggs prepared with ingredients not allowed or tolerated.
<b>Potato or Substitute</b>	As Tolerated	Plain mashed, boiled, or baked white or sweet potato, rice, spaghetti, grits, noodles, macaroni. Fried or creamed Potatoes, potato chips or potato skins if tolerated	Potato or substitute made with ingredients not allowed. Fried or Spicy potatoes or substitutes if not tolerated.
<b>Vegetables</b>	As Tolerated	Mildly flavored vegetables; cooked asparagus tips, beets, carrots, wax or green beans, mushrooms, winter squash, zucchini. Vegetable juices, tomato juice. Any pureed or blenderized vegetables. Raw vegetables may be Introduced slowly as tolerated.	All raw vegetables. All cooked vegetables except those allowed. Strongly flavored vegetables; vegetables with fibrous stalks, tough skins or seeds

**Anti-Dumping Diet**

<b>Food Groups</b>	<b>Servings/day</b>	<b>Foods Allowed</b>	<b>Foods to Avoid or Introduce Cautiously</b>
<b>Breads &amp; Cereals</b>	As Tolerated	White bread, rye bread without seeds and refined whole wheat bread, saltines, or plain crackers, soft rolls, graham crackers. All cooked and dry cereals except whole grain and bran cereals. Gradually introduce high-fiber breads and cereals as tolerated.	Whole grain breads, breads with nuts, seeds, raisins, and any fruits or spices not well tolerated. Dried fruit and raisins. Whole grain and bran cereals. Any not tolerated.
<b>Fats</b>	As Tolerated	Margarine, butter, cooking fats and oils, mayonnaise, sour cream, mild salad dressing, mild gravy	Nuts, olives, spicy salad dressing (e.g. blue cheese, 1000 island), spicy gravy
<b>Beverages</b>	As Tolerated	Decaffeinated coffee, tea, Crystal Light beverages, low-lactose beverages, Tang, Gatorade.	Caffeinated beverages, colas, high-osmolality beverages unless diluted, carbonated beverages, cocoa, beverages with high lactose content.
<b>Soup</b>	As Tolerated	Any made with allowed foods that are well tolerated.	Any made with foods not allowed or tolerated. Highly seasoned soups.
<b>Desserts/Sweets</b>	As Tolerated	Sugar free gelatin, other sugar-free desserts made with allowed and tolerated foods. Angel Food Cake, regular Jello-O and Fruit ice. Introduce other desserts in small amounts as tolerated.	Any containing sugar, nuts, coconut, seeds, raisins, or any fruits or spices not well tolerated
<b>Miscellaneous</b>	As Tolerated	Salt, sugar sub, vinegar, and lemon juice. Sugar, honey, syrup, syrup, jelly if tolerated	Sugar, honey, syrup, jelly, jam, marmalade if not tolerated; pickles, mustard, cayenne, chili powder, horseradish, pepper, chocolate may not be tolerated and should be used cautiously.

**Anti-Dumping Diet****Suggested Meal Plan, choosing from foods as tolerated:****Breakfast**

½ cup Juice  
1 Egg  
1 slice Toast  
½ ripe Banana  
1 tsp. Margarine  
1 cup Beverage

**Lunch**

2-3 oz Meat or Substitute  
½ cup Potato or Substitute  
½ cup Vegetable  
1 tsp. Margarine  
1 cup Beverage

**Dinner**

2-3 oz. Meat or Substitute  
½ cup Potato or Substitute  
1 slice Bread or 1 Dinner Roll  
½ cup Vegetable  
1 tsp Margarine  
1 cup Beverage

**Mid-Morning Snack**

1 cup Milk  
¾ cup Refined Cereal  
1 cup Beverage  
1 tsp. Margarine

**Mid-Afternoon Snack**

½ cup Canned Fruit  
4 Saltine Crackers  
1 tbs. Smooth Peanut Butter  
1 cup Beverage

**Evening Snack**

½ Sandwich  
1 tsp. Mayo or Margarine  
½ cup Canned Fruit  
1 cup Milk